

Eating healthy

How much weight should you gain during pregnancy?

Talk to your health care provider about weight gain during pregnancy. In general:

- If you were at a healthy weight before pregnancy, you want to gain about 25 to 35 pounds.
- If you were underweight before pregnancy, you want to gain about 28 to 40 pounds.
- If you were overweight before pregnancy, you want to gain about 15 to 25 pounds.
- If you were obese before pregnancy, you want to gain about 11 to 20 pounds.
- If you were at a healthy weight before pregnancy and are having twins, you want to gain about 37 to 54 pounds.

What foods and how much should you eat each day?

You need about 300 extra calories each day to support your baby's growth. The longer you're pregnant, the more food you need from certain food groups. Follow these guidelines:

Fruits

Eat 1½ to 2 cups per day in the first trimester and 2 cups per day in the second and third trimester.

½ cup of fruit is equal to:

- ½ cup 100-percent fruit juice
- ½ cup fresh, frozen or canned fruit
- ½ a fruit (small orange, apple or banana)

Grains

Eat 6 ounces per day in the first trimester, 7 ounces in the second trimester and 8 ounces in the third trimester.

1 ounce of grain is equal to:

- 1 slice bread
- 1 cup ready-to-eat cereal
- ½ cup cooked rice, pasta or cereal
- 1 small pancake (4½ inches in diameter)
- 1 small tortilla (6 inches in diameter)

Dairy products

Eat 3 cups per day all throughout pregnancy.

1 cup of dairy product is equal to:

- 1 cup milk
- 1 cup yogurt
- 2 small slices of cheese or ⅓ cup shredded cheese

Protein

Eat 5 ounces per day in the first trimester, 6 ounces in the second trimester and 6½ in the third trimester.

1 ounce of protein is equal to:

- 1 tablespoon peanut butter
- ¼ cup cooked dry beans
- 1 ounce lean meat, poultry or fish
- 1 egg
- ½ ounce nuts (12 almonds, 24 pistachios)

Vegetables

Eat 2½ cups per day in the first trimester and 3 cups per day in the second and third trimesters.

1 cup of vegetables is equal to:

- 1 cup raw or cooked vegetables
- 1 cup vegetable juice
- 2 cups raw, leafy greens
- 1 medium baked potato (2½ to 3 inches in diameter)



watch & learn

Watch videos on how to have a healthy pregnancy at: marchofdimes.org/videos

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